

COMPETE



SCHOOL GAMES

SECONDARY RUGBY CHALLENGE

DATES 30th April- 28th May

South Norfolk SSP
Virtual Challenge



VALUES

During each School Sport Partnership experience pupils are challenged to demonstrate the

THEME

These events are for pupils who are competitive in nature and enjoy competing and performing against others.

EVENT/ CHALLENGE

Five Secondary Challenges are:

1. Score a Try
2. Slalom Carry
3. Pick up put down challenge
4. Loose ball pick up and ground
5. Kicking to or into a target.

YEAR GROUPS

Year 7-8

WHERE?

Indoors (School Hall)
Outdoors (Field)

LEADERSHIP OPPORTUNITIES

Engage leaders by:

- Using leaders to lead part of the session (warm up).
- Using leaders to time the activities.
- Using leaders to deliver a cool down activity.
- Using leaders to record results.
- Using leaders to take photographs for use on social media to celebrate school involvement in the School Games.
- Using leaders to demonstrate tasks.



Determination- Trying hard in all challenges to get a better score than last time.



Passion- Showing passion for your team by being enthusiastic to take part and always supporting others.



Respect- Pupils are encouraged to respect the opponent and team-mates alike but most of all to respect the officials.



Honesty- Being honest in your scoring of activities.



Self-Belief- Supporting each other and your fellow team-mates will help to ensure that the individual parts add up to a successful team performance.



Teamwork- Individual performances add up to team success so it is important that all pupils work as a team.



SOUTH NORFOLK
SCHOOL SPORT PARTNERSHIP

GETTING STARTED

1. Familiarise yourself with the rugby Challenge Cards.
2. Set up the challenges in a carousel.
3. Allow the pupils to practice each challenge.
4. You might want to score the pupils and record their final score for each challenge or allow pupils to focus on achieving their personal best. Score sheet/ spreadsheet can be found in the resource pack.

THINK INCLUSIVELY!

Space- Make the distances shorter or longer for some pupils.

Task- Focusing on developing the skills before adding target distances/ times.

Equipment- Use alternative ball shapes for easier passing and catching.

People- Some challenges may need simple considerations or adaptations to enable disabled/ SEN students to participate, to ensure a meaningful experience.

CHALLENGE 1- SCORE A TRY

Instructions

- Pupils start at cones 1
- Collect ball from cone 2 (2m ahead) with 2 hands
- Run with the ball to cone 3 (5m ahead)
- Put ball down at cone 3 scoring a try with 2 hands (2 points) or 1 hand (3 points)
- Run around cone 4
- Repeat the activity in the opposite direction i.e. collection from cone 3, score a try at cone 2 and run around cone 1.



Equipment

- Cones
- Rugby Ball
- Stopwatch

Scoring

- Each pupil has 60 seconds to score as many points as they can.

CHALLENGE 2- SLALOM CARRY

Instructions

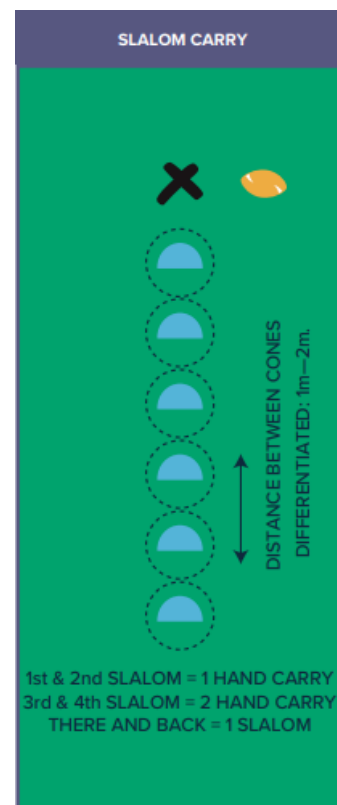
- Set out 6 cones covering a distance of 10m.
- Pupil carries the ball in 1 hand and runs out and back through the slalom course/ cones.
- Repeat the same movement through the cones but this time carrying the ball with 2 hands.
- Complete each slalom twice (2x1 hand carries and 2x2 handed carriers).

Equipment

- Cones
- Rugby Ball

Scoring

- Record the time a pupil takes to complete the 4 slalom runs.



CHALLENGE 3- PICK UP AND PUT DOWN

Instructions

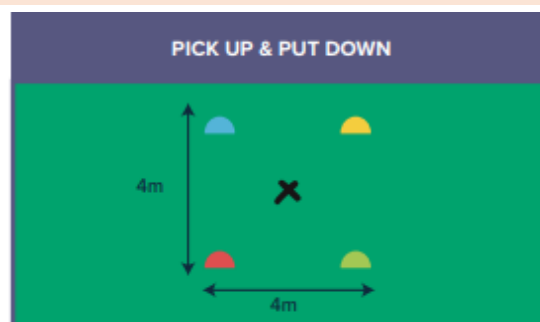
- For this activity pupils will need to be with a partner.
- Set out a 4m x 4m square with different coloured cones in each corner.
- Pupil will start in the middle
- Second pupil will call out colours.
- The pupil in the middle will move to coloured cones called out and return to the centre each time.
- Continue to this process until 10 colours have been called out.

Equipment

- Cones
- stopwatch

Scoring

- Complete sequence of 10 cones and record time taken.



CHALLENGE 4- LOOSE BALL PICK UP AND GROUND

Instructions

- Set up a 15m x 15m square
- This activity will require pupils being in groups of 5
- 4 Feeders on the outside of the grid 1 pupil in the centre.
- Feeders will roll the ball into the grid in different directions one at a time on command.
- The pupil inside the grid picks up the ball and carries it to the home square and grounds the ball (as if scoring a try).
- As soon as the ball is down the next ball is rolled into the grid.
- Repeat process.
- Each pupil collects and ground 5 balls.

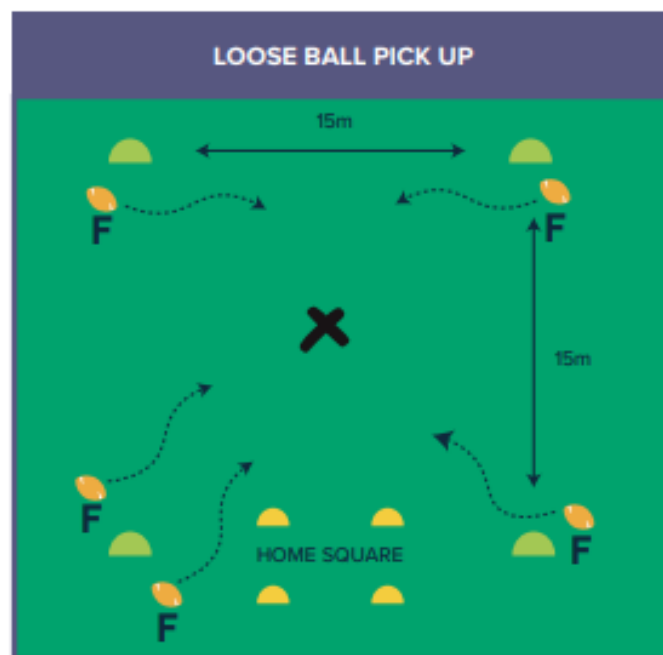
Equipment

- Cones
- Rugby Ball
- Stopwatch

Scoring

- Record the time a pupil takes to complete the challenge.

(If you have restrictions on other pupils handling the ball the ball can be taken from a cone)



CHALLENGE 5- KICKING TO OR INTO A TARGET

Instructions

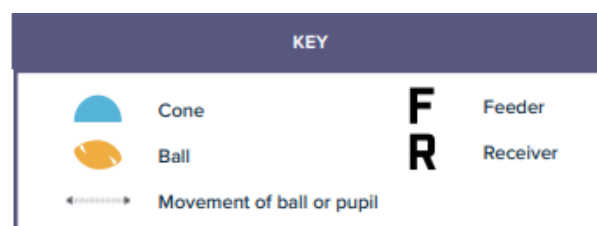
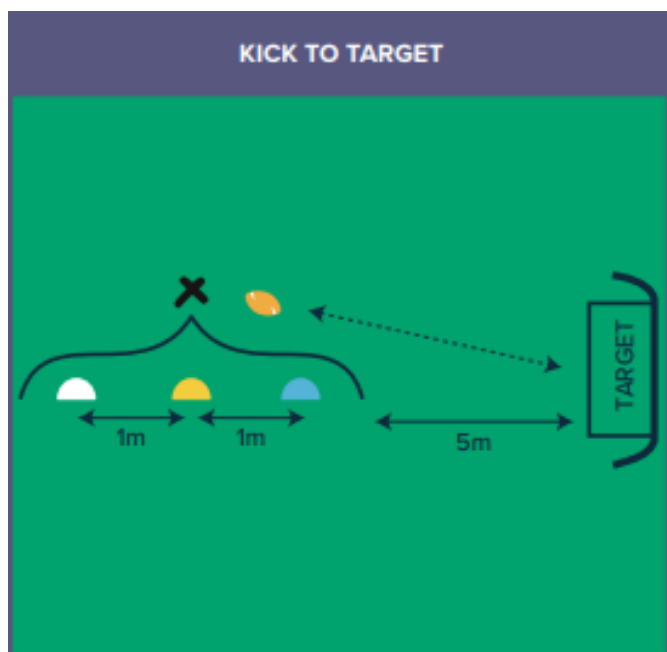
- Kick the ball from a chosen distance between target i.e. samba goal, rounders posts, 2 cones or into a target.
- Have 3 different cones available at increasing distances from the kicking target.
- Pupils can choose their starting point and change mid activity.
- Nearest cone 5m= 2 points, middle cone 6m= 3 points, furthest cone 7m= 4points.
- Each pupil has 5 kick attempts.

Equipment

- Cones
- Rugby Ball
- Target

Scoring

- Record the score for each successful kick between the target.





HOW TO ENTER

As this is a Compete themed event, we are asking schools to submit class average score using the spreadsheet. Schools should also complete the monitoring form on our website to let us know how many pupils took part in the challenge. **The deadline for entries is Friday 28th May.** If schools take part in the challenges but do not want to submit scores, please complete a monitoring form to let us know how many pupils took part in the challenges.

SCORING/ CERTIFICATES

Schools will be sent a participation certificate for each pupil that has taken part in the summer term challenges. Schools can also request a sportsmanship award certificate for pupils who have demonstrated the School Games Values.

RISK ASSESSMENT

It is the responsibility of each school to assess the risk for participating in the challenges within their own school. It is the responsibility of schools to ensure that any space and equipment used is suitable for the challenge being attempted.

SAFEGUARDING

During the South Norfolk SSP virtual challenges schools must adhere to their own school safeguarding and photo consent policies.

COVID 19

The South Norfolk SSP virtual challenges should be completed in accordance with your schools Covid-19 PE policy.

Class Recording Sheet

	Pupils Name	Score a Try (points)	Slalom Carry (Seconds)	Pick up Put and Down (Seconds)	Loose ball pick up and ground (Seconds)	Kicking to a target (Points)
1						
2						
3						
4						
5						
6						
7						
8						
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